

## Female Tennis Journey



## Gender Differences !!





## ■ Act on Facts

- Literature
- Ranking Research > Female Pathway
  - Longitudinal
  - DOB study
  - Win Loss Ratio's
  - ....
- Charting Tactics and observing Technique
  - Men's game vs. Women's game
- Case Studies

# Literature

- Physical
  - Body size, Strength, Motor Skills...
- Psychological
  - Task vs. Outcome, Anxiety, Dependency, Team...
- Social/Environment
  - Parents : Big boys don't cry vs. Girls can't get dirty...
  - Education, Nature vs. Nurture...



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# Female Player Pathway

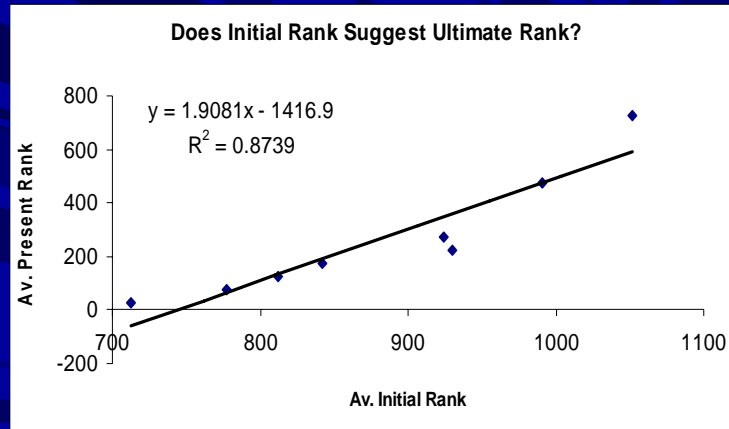
3 Main Ranking Research Studies:

1. TE U14 Top 50 vs. WTA Top 100
2. ITF Juniors Top 50 vs. WTA Top 100
3. WTA Ranking Study
  - Average Numbers and Ages
  - Time taken to achieve Progress



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Level of initial ranking is significant indicator of final ranking

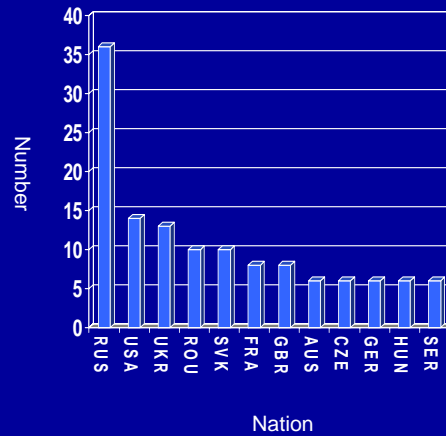


## Ranking Research Act on Facts - Implications

- Governing Body
  - Objective Criteria for Communication and Decision on Funding and other resources : "On Track"
  - Selections players and Wild Cards
  - Tournament Calendar
- Coaches/Players/Parents
  - Goal Setting : S.M.A.R.T.E.R
  - Schedules

## On Track for Top 100

Female players on track by country  
aged 12-18 (Jan 08)



## Men's Game vs. Women's Game

Over 4000 points charted from Men's and Women's tour (and ongoing)

Match Charting Research Project (ongoing) :

- Serve ( and Ball 3 )
- Return ( and Ball 4 )
- Rally Length
- Placement of the ball / contact
- Net approaches
- Groundstroke stances

# Men's Game vs. Women's Game

## 1. Serve (and ball 3)

- Serve speed Us Open 117 avg fastest (Women) vs, 138 avg (Men)
- Ball 3 from centre third : 60% of rallies (excl R winner)
  - Women hit 57% FH from centre third
  - Men hit over 75% FH from centre third Most common ball 3 in women's game are FH cross and BH cross

	Drill	Women	Men
The double opener	1	1	1
Serve and control	<u>Full side view</u>	1	1
Serve and attack patterns	1	2	1 2



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# Men's Game vs Women's Game

## 2. Return (and b4)

- Based on various Stats Serve : Return under trained !
  - Patterns of play : Link R and b4
- Women R1 29% on or inside baseline
- Men R1 12% returns on or inside baseline

Recommended drill for female players:

- Clip M 1 W 1 : Mind the gap – dead ball
- Clip M 1 W 1 2 : Stay close / Stay Close 2 – dead ball
- Clip M 1 W 1 : Repeat attack – dead ball



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## Men's Game vs Women's Game

### 3. Baseline play

- Women 42% Men 36% on or inside the baseline
  - [Bigger range of movement in/out Men](#)
- Defense : High Spin ([men](#)) vs. Staying Close ([women](#))
- Length : 2008 Women 4.54 Men 4.65 vs. ([1994 Brabenec](#))
- More than 55% finished with S R b3 ([stat us open](#))
- Angles :
  - [Zone of Truth \( clip 1 2 \)](#)
  - [Danger of Angles \( clip 1 2 \)](#)
- Rising ball via Spin ([men](#)) and depth ([women](#))



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## Men's Game vs Women's Game

### 3. Baseline play

Recommended drills for female players:

- Clip M W [1](#) : [Control centre](#) – dead ball
- Clip M W [1](#): [Pro U drill](#) – live ball
- Clip M W [1](#) : [Switch drill](#) – [dead ball](#) – [live ball](#)
- Clip M W [1](#) : [Play from inside](#) - basic



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## Men's Game vs. Women's Game

### 4. Net approaches

- Women 1.05 volleys per net approach
- Men 1.15 volleys per net approach
- Women 27% of volleys are drive volleys : clip [1](#) [2](#) [3](#)
- Men only 2% of volleys are drive volleys : clip [1](#) [2](#)

Recommended drill for female players:

- Clip W : [Delayed approach](#) – dead ball
  - Daily !!!! always follow up V .... stretch and... drop !
- [Delayed approach wrong choice](#)



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## Match Charting Act on Facts - Implications

- [All Round Stereotype Female Player](#)
- Coaches/Players/Parents
  - Goal Setting : S.M.A.R.T.E.R
  - Planning Sessions
  - Drills
    - Content
    - Organisation



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## Female Tennis Journey

*“Same Rules,  
Different Game !!”*



## 6 Key Age Groups

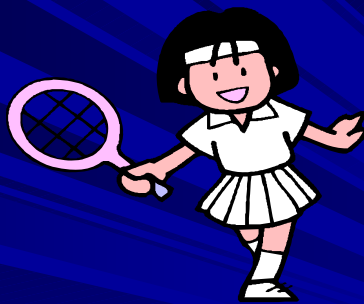
- 4-5      Enjoying Sport
- 6-7      Enjoying Tennis – Late or Early?
- 8-10     Committing to Tennis
- 11-14    Complete Basics
- 15-17    Finalising Game Style
- 17 +     Career Choices

# 4 Key Areas

- Game Development
  - Angles ?
  - Technique Serve ? Tactical Serve ?
  - Footwork patterns : BH open stance?
  - Linear vs Angular ?
- Training and Competition
- Environment
- Physical



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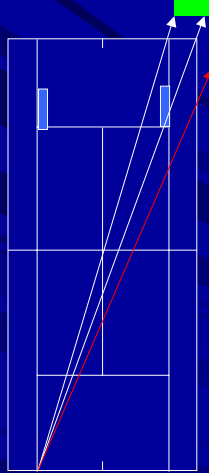


- Special Thanks to Rob and Dan from Pro Tennis Solutions
- Special Thanks to Iain, Claire (and Michael)



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## Zone of Truth : correct mix Spin & Pace



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## Implications Serve Return ( AND b3 b4)

### Average Length of Rally on CLAY

	Brabenc 1994 Clay	Maes Martens 2005 Clay	Maes Martens 2005 Grass
Men	5.23	5.3	3.9
Women	5.45	4.4	3.7



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**Stats on service / return / b3 / b4** (Brabenec dec 1994 )

>women

> Graf - Sanchez (rebound ace)	= 4.58 avg shots per rally <b>66 % finished within 4 shots</b>
> Graf - Sabatini (green clay )	= 5.23 avg shots per rally <b>52 % finished within 4 shots</b>
> Graf -Capriati (red clay)	= 5.45 avg shots per rally <b>51 % finished within 4 shots</b>

>men

>Edberg -Sampras (rebound ace)	= 2.53 avg shots per rally <b>86% finished within 4 shots</b>
>Becker-Lendl (hard court)	= 3.16 avg shots per rally <b>68 % finished within 4 shots</b>
>Courier-Agassi (hard court)	= 4.51 avg shots per rally <b>56 % finished within 4 shots</b>
>Muster-Agassi (clay)	= 5.23 avg shots per rally <b>58 % finished within 4 shots</b>

=> conclusions  
difference hardcourt - clay  
difference men – women

=> coaching tip

**more Serve but also more Return (specially women)**

more **Plate Serve and Return** ( combine with shots 3 and 4)



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